

Rainbow VEG Fritters

- 600g vegetable(s) of many colours; EG red capsicum, red onion, kale, zucchini, sweet potato, beetroot and beet leaves
- 2 large egg
- 1/2 cup grated or crumbled cheese (FETA OR TASTY)
- ¾ cup all-purpose flour (or chickpea flour, if gluten-free)
- 1 tablespoon finely chopped fresh herbs, or 1 teaspoon ground spices
Herbs, choose 2 of; Parsley, thyme, basil, mint, coriander, SPICES; paprika, cumin, coriander, turmeric?
- 1 clove garlic, minced or finely chopped
- ¾ tsp teaspoon pink salt
- Freshly ground black pepper
- 2 tablespoons olive or vegetable oil

INSTRUCTIONS

1. **Prepare the ingredients:** Grate root vegetables like carrots, sweet potato or zucchini on the large holes of a box grater. Drain zucchini (slightly squeeze).
2. **Blanch leafy greens:** If using leafy greens like Swiss chard, add the chopped greens and their chopped stems to salted boiling water for 30 seconds. Remove with a slotted spoon and plunge them into the ice bath to stop the cooking process. Once blanched, drain and chop the greens.
3. **Whisk the egg:** In a large bowl, whisk the egg thoroughly.
4. **Add the vegetables:** Squeeze handfuls of wet vegetables, like blanched leafy greens or grated zucchini, to remove excess liquid before adding them to the bowl
5. **Add the remaining ingredients:** Add the cheese, 1/4 cup of flour, herbs, spices, garlic, salt, and pepper to the bowl.
6. **Mix the batter:** Use a spatula to mix everything together so that it's evenly combined.
7. **Test the batter:** Check to see if you can form a patty in your hands and it holds together. If not, add a little more flour to the mixture.
8. **Heat the oil and add the batter:** Heat the oil in a large skillet or frying pan, preferably cast iron or nonstick, over medium-high heat until shimmering. Drop 1/4 cup of batter into the pan, flatten it slightly with a

flat spatula, and continue dropping more batter, leaving about 2 inches of space between the fritters and being careful not to overcrowd the pan.

9. **Fry the fritters:** Let the fritters cook undisturbed until browned on the bottom, 2 to 3 minutes. Flip the patties with the spatula and cook until browned on the second side, 2 to 3 minutes more.
10. **Drain the fritters:** Remove the fritters to a paper towel-lined large plate. Repeat making the fritters.
11. **Serve the fritters**